

## YOUNG MEN AS FATHERS FORMAT

### I. Family Issues

#### A. Who Am I?

Topics to be covered:

- Family history
- Cultural background
- Birth order
- How others see us
- How we see ourselves

The activities in this section will help the student develop abilities to:

- Identify significant events that have made him who he is.
- Identify behaviors to change/reinforce.
- Identify cultural influences on his life.
- Identify the role models in his life.

#### Awareness Goal

We are a product of our experience.

Resources Available (see following pages).

## YOUNG MEN AS FATHERS FORMAT

### **I. Family Issues**

#### **B. Value Identification.**

Topics to be covered:

- Individual worth
- Family concept
- Values displayed through behavioral patterns
- How those values are developed
- How those values made him who he is (sense of being)

The activities in this section will help the student develop abilities to :

- Define values.
- Identify individual, family and cultural values.
- Discuss how values impact his decision making.
- How values are transmitted to parent to child.

#### **Awareness Goal**

Learned values influence our behavior.

Resources Available (see following pages).

## YOUNG MEN AS FATHERS FORMAT

### I. **Family Issues**

#### C. What is a "family?"

Topics to be covered:

Need to belong  
Various family structures  
Bonding  
Hierarchical structure of families  
Family's role in society

The activities in this section will help the student develop abilities to:

Define "family"  
Identify his role in his family  
Describe his goal for his family

#### **Awareness Goal**

We are all part of a family.

Resources Available (see following pages).

## YOUNG MEN AS FATHERS FORMAT

### **I. Family Issues**

#### **D. Roles and responsibilities of parents (modeling).**

Topics to be covered:

- Role definition
- Impact of parental behavior
- Positive/negative role modeling
- Unconscious role modeling
- Taking responsibility for the behavior you model

The activities in this section will help the student develop abilities to:

- Describe the responsibility of being a parent.
- Describe how his behavior influences his child.
- Describe resources needed to be a parent.
- List positive parenting traits.

#### **Awareness Goal**

With "parenthood" comes commitment and responsibility.

Resources Available (see following pages).

## YOUNG MEN AS FATHERS FORMAT

### **I. Family Issues**

#### **E. Cross-generation issues (differences: positive and negative)**

Topics to be covered:

- Babies raising babies
- Impacts of grandparents raising grandchildren
- Single parent families of today vs. the family structures of yesteryear
- Cultural values of past generation vs. contemporary cultural values
- Cultural variations in the value of the older generation

The activities in this section will help the student develop abilities to:

- Describe the impact of generation differences in a family.
- Discuss the impact of teen pregnancy on the family and society.
- Identify how he views or values "elderly" in his own family.
- Discuss the responsibility of being a single parent.
- How being raised by a single parent will affect his approach to parenting his child.

### **Awareness Goal**

Generation based values affect parenthood.

Resources Available (see following pages).

## YOUNG MEN AS FATHERS FORMAT

### I. **Family Issues**

#### F. Love means communicating by doing.

Topics to be covered:

- Relating to the other parent
- Relating to your child
- Teaching kids to relate to each other
- Non-verbal communication: Listening to relate behavior
- Communication differences across cultures

The activities in this section will help the student develop abilities to:

- Identify communication patterns in his culture.
- Discuss non-verbal communication in his culture.
- Understand the importance of communicating feelings.
- Demonstrate communication skills to age of the child.

#### **Awareness Goal**

Communication influences the quality of family relationships.

Resources Available (see following pages).

## YOUNG MEN AS FATHERS FORMAT

### I. Family Issues

#### G. Domestic violence modeling teaches violence.

Topics to be covered:

- Types of violence (physical, emotional, mental)
- Victims of violence (spouse, child and elders)
- Impact of violence on families and society
- Low self esteem
- Power and control
- Anger and stress management

The activities in this section will help the student develop abilities to:

- Identify the role of self esteem levels in domestic violence.
- Identify victims of domestic violence.
- Discuss impact of violence on family and society.
- Discuss the need for power and control.

### Awareness Goal

Violence is a learned behavior.

Resources Available (see following pages).

## YOUNG MEN AS FATHERS FORMAT

### II. Human Growth and Development (Physical, Social and Emotional)

#### CHARTS



## YOUNG MEN AS FATHERS FORMAT

### II. Human Growth and Development (Physical, Social and Emotional)

#### A. Pregnancy.

Topics to be covered:

Prenatal care, prenatal communication  
Prenatal infant growth, danger signs  
Support for the mother, sibling adjustment  
Dad's feelings, etc.

The activities in this section will help the student develop abilities to:

Know the stages of fetal development.  
Understand the importance of prenatal care.  
Emotional impact of pregnancy on mom/dad/siblings.

#### Awareness Goal

A fathers contribution to a healthy pregnancy is important.

Resources Available (see following pages).

## YOUNG MEN AS FATHERS FORMAT

### II. Human Growth and Development (Physical, Social and Emotional)

#### B. Birth.

Topics to be covered:

Childbirth itself, dad's role, mom's physical recovery  
Family bonding, sibling adjustment, etc.

The activities in this section will help the student develop abilities to:

Understand the birth process.  
To list ways a father can contribute during birth.  
Discuss the importance and evolution of family bonding.  
Understand mom's physical recovery.

#### **Awareness Goal**

Dad's can be active participants in the birth process.

Resources Available (see following pages).

**II. Human Growth and Development (Physical, Social and Emotional)**

C. Infancy.

Topics to be covered:

Physical needs  
Milestones  
Bonding and nurturing siblings, etc.

The activities in this section will help the student develop abilities to:

Discuss the continuing evolution of bonding and nurturing in relation to age.  
Identify significant milestones.  
Identify physical needs.

**Awareness Goal**

Bonding is being there for your child.

Resources Available (see following pages).

**II. Human Growth and Development (Physical, Social and Emotional)**

D. Toddlers/preschool (1 to 5 years)

Topics to be covered:

Physical needs,  
Sexual/physical self exploration  
Siblings  
Initiation of social training  
Milestones  
Bonding and nurturing

The activities in this section will help the student develop abilities to:

Be aware and understand sexual/physical self exploration.  
Discuss positive behavioral modeling.  
List age appropriate social training goals.  
Discuss the continuing evolution of bonding/nurturing according to age.

**Awareness Goal**

Social development is central to the toddler/preschool age.

Resources Available (see following pages).

**II. Human Growth and Development (Physical, Social and Emotional)**

E. Kindergarten early school years (5-11) years.

Topics to be covered:

Physical needs  
Milestones  
Bonding/nurturing  
Peer group influence  
Dad's role in education  
Sexual/physical curiosity with peers

The activities in this section will help the student develop abilities to:

Identify significant milestones.  
Discuss continuing evolution of bonding/nurturing.  
Identify his role in child's education.  
Discuss the influence of the peer group.

**Awareness Goal**

Peer group and education will be two great influences in your child's development.

Resources Available (see following pages).

**II. Human Growth and Development (Physical, Social and Emotional)**

F. Pre-adolescence through adolescence (11-17 years).

Topics to be covered:

- Physical needs
- Milestones
- Peer group influence,
- Separation and individuation
- Puberty
- Dating/sex education
- Masturbation
- Dad's role in education
- Bonding and nurturing

The activities in this section will help the student develop abilities to:

- Identify significant milestones.
- Understand bonding and nurturing according to age.
- Discuss dating and sex education.
- Discuss dad's role of this stage of child's formal education.

**Awareness Goal**

Independence, physical development, sexual changes and identity make this a confusing stage.

Resources Available (see following pages).

**II. Human Growth and Development (Physical, Social and Emotional)**

G. Exploring discipline.

Topics to be covered:

- Age appropriate disciplinary techniques
- Discipline vs. abuse
- Cultural variations in discipline
- Child abuse laws
- The significance of socially acceptable behavior modification techniques

The activities in this section will help the student develop abilities to:

- Discuss a variety of socially acceptable behavior modification techniques.
- Discuss techniques for handling his loss of control.
- Understanding the difference between disciplining a child and venting one's frustration on the child.

**Awareness Statement**

To discipline is to teach.

Resources Available (see following pages).

## YOUNG MEN AS FATHERS FORMAT

### III. **Health Issues**

#### C. **Perinatal Care.**

Topics to be covered:

- Nutrition during pregnancy
- Well-baby care
- Child birth preparation
- Circumcision
- Breast feeding
- Infant mortality

The activities in this section will help the student develop abilities to:

- Discuss the impact of mom's nutrition on baby.
- Know the purpose of well baby care.
- Discuss his role in increasing the likelihood of a healthy child.

#### **Awareness Statement**

Lifestyle choices prior, during and after pregnancy are vital.

Resources Available (see following pages).



## YOUNG MEN AS FATHERS FORMAT

### III. Health Issues

#### D. Administering First Aid.

Topics to be covered

Basic American Red Cross first aid  
Traditional family remedies

The activities in this section will help the student develop abilities to:

Show competency in basic Red Cross techniques.  
Discuss the traditional home remedies.

#### Awareness Goal

Learning basic first aid provides comfort and peace of mind.

Resources Available (see following pages).

## YOUNG MEN AS FATHERS FORMAT

### III. Health Issues

#### E. Drug exposed infants.

Topics to be covered:

- Fetal Alcohol Syndrome
- Cocaine, PCP, Heroin, other drugs
- Parents substance use and its influence in the child's development and physical health (father's contribution also)
- Possible resulting developmental delays
- Social and monetary impact on family and society

The activities in this section will help the student develop abilities to:

- Discuss the effects of drugs on a child.
- Create a list of substances used by father (past history) and how these substances could effect a developing fetus.
- Describe possible developmental delays.
- Discuss the social and monetary impact of drug babies on the family and society.

#### Awareness Goal:

Substance use equals child abuse.

Resources Available (see following pages).

## YOUNG MEN AS FATHERS FORMAT

### III. Health Issues

#### F. Nutrition.

Topics to be covered:

Well balanced meals (fresh fruits and veggies vs. processed food)  
Child development nutritional needs  
Healthy food preparation  
Cultural diets

The activities in this section will help the student develop abilities to:

Describe the preparation of a healthy meal .  
Create a list of foods eaten in their homes and discuss their nutritional merit.  
Name the basic food groups.  
Discuss the effects of malnutrition on child development.

#### Awareness Goal

Healthy eating is a learned behavior taught by parents.

Resources Available (see following pages).

## YOUNG MEN AS FATHERS FORMAT

### III. Health Issues

#### G. Family cleanliness.

Topics to be covered:

Bathing practices for infants and children. (Hands on experience suggested)  
Infants and child care products  
Parental hygiene practices and modeling

The activities in this section will help the student develop abilities to:

Discuss the importance of proper of hygiene and modeling.  
Evaluate baby care products.  
Discuss proper bathing techniques for infants and small children.

#### Awareness Goal

A child that looks good, feels good.

Resources Available (see following pages).

## YOUNG MEN AS FATHERS FORMAT

### III. Health Issues

#### H. Exceptional Children.

Topics to be covered:

How would I feel...

What would I do if...

Where would I go for help?

The activities in this section will help the student develop abilities to:

Discuss parenting disabled and mentally gifted children.

Identify community resources in this field.

#### Awareness Goal

It takes all kinds of people to make a world.

Resources Available (see following pages).

## YOUNG MEN AS FATHERS FORMAT

### III. Health Issues

#### I. Supervision and Safety.

Topics to be covered:

- Parental supervision
- Home safety
- Playground safety
- Poison control
- Vehicle safety
- Weapons
- Drugs and alcohol in home and community

The activities in this section will help the student develop abilities to:

- Identify potential safety hazards in the home and community.
- Identify potential vehicle hazards.
- Call for assistance ( 911 and poison control center).
- Discuss the responsibility of parental supervision.

#### Awareness Goal

Injuries to your children are preventable; there are no accidents.

Resources Available (see following pages).

## YOUNG MEN AS FATHERS FORMAT

### IV. Incarceration and Beyond

#### A. Impact of incarceration on the family.

Topics to be covered:

- Lack of father input.
- Monetary impact (increased costs and lack of income)
- Revolving door fathers
- Use of extended family
- Other male figure influences while father is incarcerated

The activities in this section will help the student develop abilities to:

- Discuss the impact of his incarceration on his family.
- Identify his family's coping strategies in his absence.
- Identify strategies for dealing with other male figures in his child's home.

#### **Awareness Goal:**

For children, absence does not make the heart grow fonder.

Resources Available (see following pages).

## YOUNG MEN AS FATHERS FORMAT

### IV. Incarceration and Beyond

#### B. Family planning.

Topics to be covered:

Contraception (facts and myths)  
Sex education  
Adoption/abortion

The activities in this section will help the student develop abilities to:

Identify and discuss various methods of contraception and their use.  
Identify for themselves their personal thoughts and feelings about abortion and adoption.  
Discuss cultural differences in how sex education is taught.

#### Awareness Goal

Family planning is a joint responsibility.

Resources Available (see following pages).

### III. Health Issues



A. Sexuality.

Topics to be covered:

Basic human sexual development (males/females)  
Sexual identity development in children

The activities in this section will help the student develop abilities to:

Identify social influences on the development of sexual identity.  
Discuss human sexual development.  
Begin to develop an approach to teaching sexuality to his child.

**Awareness Goal**

Our sexuality is an important part of who we are.

Resources Available (see following pages).

## YOUNG MEN AS FATHERS FORMAT

### **III. Health Issues**

#### **B. Child Care/baby sitters.**

Topics to be covered:

- Safety in day care
- Quality in child care practices
- Dependability and flexibility
- Where to look for quality child care

The activities in this section will help the student develop abilities to:

- Identify the impact of child care on the child and the family.
- Discuss minimum safety standards for child care.
- Seek out community resources for locating child care.

#### **Awareness Goal**

Be careful who you choose to parent your child.

Resources Available (see following pages).

IV. **Incarceration and Beyond**

C. **Legal Rights and Responsibilities**

Topics to be covered:

Establishing paternity  
Visitation  
Child support  
Child and spousal abuse laws.

The activities in this section will help the student develop abilities to:

Identify the steps necessary to establish paternity.  
Discuss approaches to dealing with significant others in the child's life.  
Discuss child abuse reporting laws and its prevention.  
Discuss spousal abuse laws and its prevention.

**Awareness Goal**

**Know your rights and fulfill your responsibilities.**

Resources Available (see following pages).

## YOUNG MEN AS FATHERS FORMAT

### IV. Incarceration and Beyond

#### D. Long Range Goals for Family.

Topics to be covered:

What he wants his family to be like.  
What does the participant have to do to get what he wants.  
How to set achievable goals  
Expectations of others

The activities in this section will help the student develop abilities to:

Identify his life goals and the steps necessary to achieve them.  
Discuss the expectations others have of him.

#### **Awareness Goal**

Plan, act, evaluate.

Resources Available (see following pages).

IV. **Incarceration and Beyond**

E. **Family support resources.**

Topics to be covered:

Using the phone book to find help  
How to write a business letter  
Phone etiquette  
Personal presentation  
Using the "system" to his advantage

The activities in this section will help the student develop abilities to:

Use the phone book to gather information.  
Present himself appropriately (in person and over the phone).  
Write a letter documenting his need or request.

**Awareness Goal:**

**A person can do anything, but not everything.**

Resources Available (see following pages).

## YOUNG MEN AS FATHERS FORMAT

### IV. Incarceration and Beyond

#### F. Transition from Father to Dad.

Topics to be covered:

- Commitment
- Ceremony of transition
- Celebrate the transition

The activities in this section will help the student develop abilities to:

View himself as an individual committed to his child.

#### Awareness Goal

A child does not ask about your ability or inability,  
he asks only for your availability. Be there.

Resources Available (see following pages).